

Mpox: What You Need to Know



2022 U.S. Mpox Outbreak

Anyone can get mpox, but many of the cases identified in the current outbreak have been in men who have sex with men, thanks in part to the vigilance of those who sought testing when concerns arose leading to the recognition that Mpox was spreading in the U.S.

The disease is accompanied by a rash, which may look like pimples or blisters, often with an earlier flu-like illness. The rash starts flat then becomes bumpy and fluid-filled before scabbing over and resolving. This happens over a period of 2-4 weeks. Rashes may be all over the body, including the palms, feet, and head, or located only on specific body parts such as the genitals or around the buttocks.

Updated global and U.S. case numbers are posted on the CDC site [here](#).

Transmission

Mpox is transmitted person-to-person through direct skin-to-skin contact, having contact with an infectious rash, through body fluids or through respiratory secretions. Such contact often occurs during prolonged, face-to-face contact or during intimate physical contact, such as kissing, cuddling or sex.

People who do not have mpox symptoms cannot spread the virus to others. Learn more about how mpox is spread and a summary of the 2022 U.S. outbreak: <https://bit.ly/3bczSiE>

Vaccines & Eligibility

Vaccines are available in limited supply, at no cost, for individuals with known or suspected exposure to mpox. This includes:

1. Anyone who had close contact in the past two weeks with someone who has been diagnosed with Mpox; or
2. Gay, bisexual, or other men who have sex with men, or transgender individuals, who are sexually active; or
3. People who have had sexual contact with gay, bisexual, or other men who have sex with men, or transgender individuals in the past 90 days; or
4. People living with HIV, or taking medication to prevent HIV (PrEP), or who were diagnosed with syphilis in the past 90 days.
5. People who have had any of the following in the past 6 months:
 - a) Sex at a commercial sex venue
 - b) Sex in association with a large public event
6. Sexual partners of people with the above risks
7. People who anticipate experiencing the above risks

Individuals who meet these criteria can [call their local health department](#) to make an appointment to receive the vaccine, or they can call one of the local health departments below.

• Cumberland (910) 433-3600	• Forsyth (336) 703-3100	• New Hanover (910) 798-6800
• Buncombe (828) 250-5300	• Guilford (336) 641-3245	• Pitt (252) 902-2300
• Durham (919) 560-9217	• Mecklenburg (980) 314-9400	• Wake (919) 212-9398

Prevention

If you have an unexplained rash, sores, or other symptoms, see your health care provider — if you don't have a provider or health insurance, contact your local health department. Keep the rash covered and avoid sex or being intimate with anyone until you have been checked out by a health care provider. Avoid in-person gatherings. Standard household cleaners and detergents are effective at cleaning environmental surfaces and linens.

